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NUTRITION

For exchange of information on nutrition education and school lunch activities.

COMMITTEE NEWS

January 1952

Washington, D. C.

With this issue, NCN will be identified by year and month. Volume references are being discontinued.

TARGET—BETTER DENTAL HEALTH

The improvement of dental health has always been actively promoted by nutrition committees. Likewise nutrition has been a concern of the dental profession. Their mutual interests are shown by the large number of nutrition committees on which dentists are represented and by their joint efforts.

Nutrition committees in Connecticut, Georgia, Illinois, and Ohio have publicized or endorsed the resolution made by the American Medical Association discouraging the sale of carbonated beverages in schools. This resolution has since been supported by the American Dental Association, Southern Branch of the American Public Health Association, and National Congress of Parents and Teachers, and their State associations.

In Indiana the State Nutrition Council and the State Dental Association are working together for better dental health. For the Dental Association's 1951 annual convention, the nutrition council prepared an exhibit, "A Well Balanced Diet is Essential for Good Tooth Development." Council members were in the booth during the convention to answer questions. A description of the exhibit appears in the October Journal of the American Dietetic Association. The Nutrition Council and the Dental Association expect to hold their 1952 annual meetings jointly.

In Askov, Minn., a 10-year dental care program, that may serve as a guide to other communities, is now going on for children between the ages of 3 and 17. The idea came from the community. In 1943, women in a study club, noting the prevalence of dental caries, requested a survey by the State Health Department. The study confirmed the observation of the women

but situations associated with the war prevented any major action. When the Minnesota Department of Health repeated the survey in 1947 and again found a high incidence of dental caries, the community and the Department took action.

A dental office was built in the school. Since October 1948, every child has undergone a free dental examination, tooth cleansing, mouth X-rays, lactobacillus count, and fluoride applications. Also every child is given two toothbrushes and a can of cleansing powder which are replenished as needed. Parents pay for corrective or restorative work which is done by the dentists participating in the plan. A village fund pays dental expenses for children whose parents are unable to do so. The children prompt each other to follow the low sugar diets suggested for them. Two dietary surveys have been made.

Already dental health has improved and the children are learning habits of dental care which it is hoped will stay with them all their lives. Further information may be obtained from Dr. W. A. Jordan, State Department of Health, University of Minnesota, Minneapolis. The State Dental Association and the Children's Bureau are also cooperating in this program.

VENDING MACHINES INCREASE MILK DRINKING

To have cool, fresh, safe milk conveniently at hand when people want a drink or a snack is obviously a good way to increase milk consumption. Milk has been made as available away from home as at home by the installation of milk vending machines in offices, factories, schools, railroad and bus terminals, sport arenas, and stores. This robot may help top the high milk consumption of 1946 when the annual per capita consumption was estimated at 270 quarts. For no year since then has milk consumption been this high. The estimate for 1951 is 255 quarts (fluid milk equivalents).

Indication that much of the milk purchased from machines at snack times may be in addition to that in the regular diet, comes from a study made in a Boy Scout camp of 100 boys and 25 staff members. Even though the boys were provided with all the

Dental Health Day—February 4

Posters and promotional materials for use in observing the 1952 Children's Dental Health Day are available from *The American Dental Association*. (See New Materials.)

milk they wanted at meals, daily sales from a milk vender averaged slightly more than 100 half pints.

References listed under New Materials report on school and factory experiences with milk vending machines. It is shown that their installation may have financial as well as nutritional profits. Some other points covered are the types of machines available . . . what to look for and consider in selecting a milk vender . . . care of the machine . . . milk containers . . . disposal of used containers and straws . . . location of machines . . . the daily volume of sales needed to cover costs . . . and comparative prices of other milks.

In some cases dairies own and operate the machines. In others, vending machine companies install and service the machines and collect the money. In the latter, as well as when the machine is user-owned, dairies supply the milk in the same way as to other customers.

Prospective purchasers of milk venders should ask their local health departments about the kinds of machines to buy and local laws regulating their use.

SCHOOL FOOD SERVICE MEETING

"The School Lunch Program a Shared Responsibility" was the theme of the Fifth Annual Convention of the American School Food Service Association (ASFSA). The Convention, held November 12—14 in New York,—

..Emphasized the school lunch as a part of the total education program.

..Stressed the values of student and community group participation in the development of the lunch program.

..Provided opportunities to learn of recent developments and trends in school lunch.

..Presented helpful information concerning many aspects of school lunch management and operation.

..Provided opportunity for meeting others in school food service.

There was good attendance at sessions where nutrition research and other studies affecting school lunch programs were described. In one of these, Dr. C. Glen King of the Nutrition Foundation gave current findings in nutrition research. He recommended correct quantities of fluorine in drinking water to protect against tooth decay. He suggested that teaching foods for good health should begin in the first grade, and emphasized that a good diet depends on regular intake of milk and other protein foods, green and yellow vegetables, and citrus fruits.

A panel of junior and senior high school students from different States pointed out that student councils in many schools have promoted interest in nutrition

education, suggested foods and menus for lunches, and influenced lunch room manners and behavior.

The 1951 report of the Nutrition Education Committee of ASFSA provides examples of how activities of the school lunchroom have been integrated into the total school and community program. Mimeographed copies are available from the chairman, Dr. Daisy I. Purdy, at Oklahoma A. and M. College, Stillwater.

SOME STATE NUTRITION COMMITTEE ACTIVITIES

● *Illinois.* The Illinois Nutrition Committee's annual fall conference for teachers and nutrition workers included talks on psychology of nutrition, atherosclerosis, recent advances in nutrition, and food fads. There were also reports on Civil Defense and White House Conference activities.

● *Maine.* The Maine Nutrition Committee is studying the food habits of Maine people and recommending what needs to be done to improve their nutrition. Their teen-ager study was reported at the School Food Service Association convention.

● *Nevada.* The Nevada Nutrition Council is planning to publish two 1-page popular leaflets, one on milk and one on teeth. Members suggested as Council activities the preparation of a story for State-wide publication to commemorate the tenth anniversary of flour and bread enrichment, demonstrations on use of dry milk, and evaluation of nutrition materials.

● *New York City.* "Selling Nutrition" was the main theme of the October Conference of the Food and Nutrition Division of the Health Council of Greater New York. An advertising man told how he thinks nutrition specialists can assist the public to improve its eating habits. Other talks dealt with psychological aspects of eating and with medical aspects of obesity. During lunch the 200 nutritionists, home-economists, and public health workers, sitting in small, well-mixed groups, discussed the morning's program. Conclusions reached were later reported by each table moderator. The Conference closed with a showing of the Metropolitan Life Insurance Company's film, "Losing to Win."

● *Ohio.* Tape recordings of the nine radio programs on nutrition sponsored by the Ohio Nutrition Committee make possible their rebroadcast in different parts of the State. The Committee is concerned with civil defense, activities relating to children and youth, the nutrition problems of Ohio's school children as shown by a nutritional status study made in several Ohio schools, and plans for a nutrition conference.

NEW CHAIRMEN OF STATE NUTRITION COMMITTEES

Iowa. Miss Helen Lovell, Department of Health, Des Moines (resumed chairmanship)

Maine. Dr. Kathryne E. Briwa, Extension Service,

Nevada. Mrs. Christie Corbett, State Health Department, Reno

New Hampshire. Dr. Franklin Rogers, Manchester

New Mexico. Miss Grace Neely, Extension Service, State College

Oklahoma. Miss Mary Leidigh, Oklahoma A. and M. College, Stillwater

• *Oklahoma.* The executive committee of the Oklahoma Nutrition Council heard a talk on basic concepts for mental hospital dietary departments, reports of the American Dietetic Association Convention, and a description of the work of a research dietitian at the Oklahoma Medical Foundation.

• *Vermont.* A weekly press release on timely nutrition topics prepared by members of the Vermont Nutrition Committee is sent to daily newspapers throughout the State. The committee has supplied nutrition material to newspapers regularly for many years.

WARFARE ON FOOD FADS

Correct information on food and nutrition especially needs publicity today in the face of the misleading teaching, writing, and advertising by food faddists. Nutrition committees are taking leadership in making facts available to health educators, nurses, and teachers, as well as to the public generally. For example—

..The Utah Nutrition Council's bulletin, Facts About Food and Nutrition (New Materials, December NCN)

..The Georgia Nutrition Council's mimeographed statement, Food Fallacies and Facts.

..The Oregon Nutrition Council's fall meeting, devoted to Fighting Phony Food Facts, at which was shown the American Medical Association exhibit on food fads.

..The Illinois, New Jersey, California, and other Nutrition Committees' discussion of food fads.

Members of the Federal Interagency Committee on Nutrition Education and School Lunch (ICNESL) report at meetings on nutrition misinformation that has come to their attention. Recently they noted The American Home Economics Association leaflet, What's the Answer, which discusses the place of processed foods, pasteurized milk, and pressure-cooked foods in family meals (New Materials). Also mentioned were two

December magazine articles: Beware of Health Food Peddlers, by Charles W. Crawford, Food and Drug Administrator; in the American Magazine; and Don't Fall for Food Fads, by Arthur D. Morse in the Woman's Home Companion.

An ICNESL member reported on the panel discussion "What can we believe about nutrition?" held at the San Francisco meeting of the American Public Health Association. Interest was so keen that the panel discussion continued for 2½ hours, and many of the 200 persons attending stood for the entire period. The group was made up of members of the Public Health Education, Public Health Nursing, and Food and Nutrition Sections of APHA and the American School Health Association. The audience asked all the questions. A radio announcer on the panel made the experts answer in simple language, as they might in a broadcast or to patients. Questions were raised about raw versus pasteurized milk, yogurt, diet in tooth development and pregnancy, sugar in diets of growing children with high-calorie needs, cola and soda drinks, blackstrap molasses, proteins and carbohydrates in the same meal, high-cholesterol foods, meat in reducing diets, and reducing diets for children and adolescents. In reply to a request for sources of authentic nutrition information, these were listed: Bureau of Human Nutrition and Home Economics, Children's Bureau, and State Departments of Health, Agricultural Extension Services, colleges, and universities.

GREATER FOOD PRODUCTION NEEDED

The Department of Agriculture in its 1952 production goals is asking for the highest level of crop and livestock production in the history of the Nation. The goals call for production 4 percent greater than this year's indicated record level and 49 percent greater than the 1935—39 average. To meet the goals, crops will need to be raised on about 3 million more acres than have ever been in production, and higher acre yields will be necessary.

"The challenging level of the goals," the Secretary's announcement emphasizes, "reflects the strong demands of military preparedness, our growing population, our rising standard of living, and our great efforts to share our production with those nations which are joining us in defense of freedom.

The production goals were arrived at in cooperation with State Agricultural Mobilization Committees, after a review of all needs for farm products in 1952. Account was also taken of an appraisal of attainable 1952 production that was made in cooperation with the land-grant colleges.

In addition to this, the Department is calling for home production and preservation of food. A press release on the Garden and Home Food Preservation Program is enclosed. Nutritionists have a special interest in this program because of the high cost of food and because families who grow vegetables and fruits tend to eat more of them and to have better diets. A survey of families in Birmingham, Ala., and Minneapolis-St. Paul, Minn., made during the summer of 1949 reaffirms these findings of former dietary surveys.

NEW MATERIALS

- AMERICAN DENTAL ASSOCIATION, 222 EAST SUPERIOR ST., CHICAGO 11, ILL.
Diet and dental health. 14 pp.
[Material for Dental Health Day.]
- PROF. P. E. RAMSTAD, SAVAGE HALL, CORNELL UNIVERSITY, ITHACA, N. Y.
Automatic merchandising increases milk consumption. P. E. Ramstad, et al. 26 pp., illus. Free copies limited.
- PROF. HUGH L. COOK, COLLEGE OF AGRICULTURE, THE UNIVERSITY OF WISCONSIN, MADISON 6, WISC.
A business analysis of milk vending operations. 24 pp., illus. Free copies limited.
- MISS MARY FARNAM, 1749 LEE ROAD, CLEVELAND HEIGHTS 18, OHIO
American school food service news. Bimonthly. 15c per number or \$1.00 per year.
- FILM LIBRARY, ARKANSAS STATE BOARD OF HEALTH, LITTLE ROCK, ARK.
Films on foods and nutrition. 7 pp. Mimeographed annotated list.
- GLENN A. DUNCAN, DEPARTMENT OF EDUCATION, CARSON CITY, NEV.
Food education in Nevada's schools. 48 pp. 50c.
A guide for the teaching of nutrition in high school homemaking classes. 22 pp. and appendix. 50c.
- CLEVELAND DIVISION OF HEALTH, ROOM 17 CITY HALL, CLEVELAND 14, OHIO
Teaching nutrition in elementary schools. An annotated bibliography. 21 pp. Processed. Free.
- AGRICULTURAL EXPERIMENT STATIONS AT: STATE COLLEGE, MISS.; FAYETTEVILLE, ARK.; CLEMSON, S. C.; KNOXVILLE, TENN.; BLACKSBURG, VA.; INSTITUTE OF STATISTICS, NORTH CAROLINA STATE COLLEGE, RALEIGH, N. C.; OR BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS, USDA, WASHINGTON 25, D. C.
Family food consumption in three types of farming areas of the South. I. an analysis of 1947 food data. Southern Coop. Series Bul. 7, 142 pp. illus. 1950. Free.
- AGRICULTURAL EXTENSION SERVICE, AGRICULTURAL BLDG., LARAMIE, WYO.
Brucellosis, enemy of health and prosperity. Folder. Free.
- BUREAU OF ANIMAL INDUSTRY, USDA, WASHINGTON 25, D. C.
Wipe out brucellosis PA-82, 4 pp., illus. Free.
- INTERNATIONAL DOCUMENTS SERVICE, COLUMBIA UNIVERSITY PRESS, 2960 BROADWAY, NEW YORK 27, N. Y.
Joint FAO/WHO expert panel on brucellosis; report on the first session. FAO Agr. Studies 14, 36 pp. 25c.
Joint FAO/WHO expert committee on nutrition; report on the second session. 64 pp. 40c.
Prevention and treatment of severe malnutrition in times of disaster. WHO Tech. Rpt. Series 45, 56 pp. 35c. Report approved by the joint FAO/WHO expert committee on nutrition and presented to the Fourth World Health Assembly.
- DIVISION OF AGRICULTURAL ECONOMICS, EXTENSION SERVICE, USDA, WASHINGTON 25, D. C.
Extension work in marketing. Livestock, meat and wool, poultry and eggs, dairy products. 56 pp. Mimeographed.
- PHOTO LAB., INC., 3825 GEORGIA AVE., N. W., WASHINGTON 11, D. C.
When it's your turn at the meat counter. Filmstrip to assist in teaching market selection of meats. Color. 25 min. \$4. USDA Cat. No. C-16.
- BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS, USDA, WASHINGTON 25, D. C.
Rural family living charts. Prepared for 1952 Outlook Conference. 76 pp., illus. 1951.
- SUPERINTENDENT OF DOCUMENTS, GOVERNMENT PRINTING OFFICE, WASHINGTON 25, D. C.
Rural levels of living in Lee and Jones Counties, Miss., 1945, and a comparison of two methods of data collection. Agr. Inf. Bul. 41, 164 pp., illus. 40c.
Peaches: Facts for consumer education. Agr. Inf. Bul. 54. 18 pp. 10c.
- AMERICAN HOME ECONOMICS ASSOCIATION, 1600 20TH ST., N. W., WASHINGTON 9, D. C.
What's the answer? 2 radio programs.